



Favorite Pumpkin Bread



Vegetarian



Dairy Free

READY IN



60 min.

SERVINGS



16

CALORIES



294 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 tsp baking soda
- ☐ 15 ounce pumpkin puree canned
- ☐ 4 eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 1 tsp ground cinnamon
- ☐ 0.5 tsp ground cloves
- ☐ 0.3 tsp ground ginger
- ☐ 1 tsp ground nutmeg

- ☐ 1.5 tsp salt
- ☐ 1 cup vegetable oil
- ☐ 0.7 cup water
- ☐ 3 cups sugar white

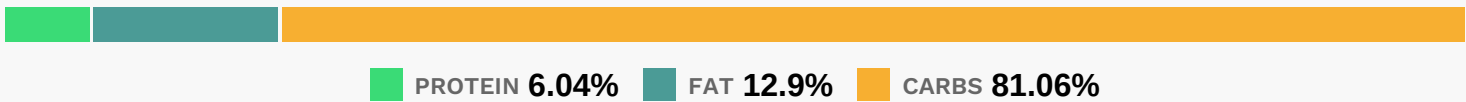
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F. Line two 9×5 inch loaf pans with parchment paper.
- ☐ In a large bowl, mix together pumpkin puree, eggs, oil, water and sugar with an electric mixer.
- ☐ In a separate bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger. Using an electric mixer on low speed, mix the dry ingredients with the pumpkin mixture until just blended.
- ☐ Pour into the prepared pans.
- ☐ Bake for about 50–60 minutes or until toothpick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:41.3, Inflammation Score:-10, Nutrition Score:10.051739101825%

Nutrients (% of daily need)

Calories: 294.16kcal (14.71%), Fat: 4.3g (6.61%), Saturated Fat: 0.88g (5.5%), Carbohydrates: 60.71g (20.24%), Net Carbohydrates: 59.06g (21.48%), Sugar: 38.46g (42.74%), Cholesterol: 40.92mg (13.64%), Sodium: 393.92mg (17.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.05%), Vitamin A: 4196.42IU (83.93%), Selenium: 13.01µg (18.58%), Manganese: 0.31mg (15.62%), Vitamin B1: 0.23mg (15.07%), Folate: 58.53µg (14.63%), Vitamin B2: 0.21mg (12.19%), Iron: 1.88mg (10.46%), Vitamin K: 9.52µg (9.07%), Vitamin B3: 1.73mg (8.64%), Fiber: 1.65g (6.6%), Phosphorus: 61.13mg (6.11%), Vitamin E: 0.65mg (4.31%), Copper: 0.08mg (4.12%), Vitamin B5: 0.4mg (3.96%), Magnesium: 14.13mg (3.53%), Potassium: 102.21mg (2.92%), Zinc: 0.39mg (2.62%), Vitamin B6: 0.05mg (2.33%), Calcium: 20.31mg (2.03%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%), Vitamin C: 1.13mg (1.37%)